

Whisconier Middle School Activities

ARC Babysitter's Training

American Red Cross Babysitter's Training gives 11-15 year olds the skills and confidence they need to become great babysitters. This 6-hour class covers training in care giving, decision making, safety and first aid skills, and preventing and responding to emergencies. Course participants receive *The Babysitter's Training Handbook*, which provides course review and 30 easy-to-follow first aid action plans for handling emergencies. Red Cross Babysitter Certification will be awarded upon successful completion. Please bring a lunch and drink and a pen or pencil.

Day: Tuesday

Time: 9:00 a.m. – 3:00 p.m.

Date: 11/4 (No school)

Fee: \$65.00

Place: Town Hall Room 133

Instructor: Peggy Boyle

Tween and Teen Yoga ages 10-13+

This class introduces the practice of flowing smoothly through our yoga poses to build focus, concentration and determination. A greater focus on proper alignment, arm balances and strengthening poses will help children appreciate and understand their growing bodies. Breathing exercises and relaxation techniques will help children cope with stress in their everyday lives. We will incorporate cooperative yoga games and challenges to encourage teamwork and keep yoga fun!

Day: Tuesday

Time: 3:45 – 4:45 p.m.

Dates: 10/14 – 12/2 (8 wks)

Fee: \$120.00

Place: SOUND, 31 Hawleyville Road, Newtown

Instructor Kaitlin Dunseith-Field

New ~ Dynamic Duos

Parents and their middle school students are invited to an evening of cooking and eating a main course together—except for our last class—the Holiday Cookie Swap. Bring your cookie jar, because each duo will prepare cookies to swap so everyone will go home with a selection of home-made treats. Choose any one or all four to enjoy!

Entrees include:

- Pizzas from scratch and green salad with homemade vinaigrette. Depending on the toppings you choose this menu can be vegan or vegetarian friendly, or not. (October 24)

- Swedish meatballs with mashed potatoes and peas—with a cream sauce definitely not for dieters! (November 7)
- Chicken curry with a banana/apple sauce and basmati rice—different but very delicious. (November 21)
- Holiday cookie swap—each duo will make cookies to swap with the other teams so that everyone can leave with an assortment of holiday treats. (December 19)

Day: Friday

Time: 5:30 – 7:30 p.m.

Dates: 10/24, 11/7, 11/21, 12/19

Place: BHS Culinary Arts Room #204

Instructor: Ann Salinger

Fee: \$45.00/night per duo

Basic Drawing and Watercolor

Students in grades 5 - 8 will join artist Victoria Lange in learning basic drawing and watercolor techniques. Each student will receive individualized attention to be successful at his or her ability level, culminating with the completion of a painting. Please ask for a materials list when registering. Materials cost is approximately \$40.00. Bring a snack and a drink each week. Late bus transportation is available from WMS after school for this program.

Day: Monday

Time: 2:40 – 4:10 p.m.

Dates: 10/20 – 12/15 (8 wks) – no class 11/10

Instructor: Victoria Lange

Place: WMS Art Room

Fee: \$85.00

New ~ Beginner Sewing for Grades 5-8

Have you ever wanted to learn to sew? This class will get you comfortable with sewing from a commercial pattern. You will learn how to cut out a pattern, make sense of the instructions and construct a finished, well-fitting skirt or top using a home sewing machine. The first class will meet at Jo-Ann Fabrics in Brookfield (143 Federal Road) where the instructor will help you pick out a pattern and the materials that you will need for the project that you'd like to complete. Additional materials cost will depend upon the project and fabric you select, but are estimated at \$40-100. Class size is limited to 5 for lots of individual attention.

Day: Tuesday

Time: 2:40 – 4:10 p.m.

Dates: 10/14 – 12/9 (7 wks) – no class 11/4, 11/11

Place: WMS Rm #1515

Fee: \$90.00

Instructor: Karen Ryavec Lubensky

New ~ Introduction to Patchwork Quilting

Students in grades 5-8 will learn the basics of piecing together a block quilt, taking into consideration shape, composition and color. Students will learn basic cutting and hand and machine sewing techniques along with color and design. Materials list available at registration, estimate of \$20-40. Please bring materials with you to the first class.

Day: Wednesday

Time: 2:40 – 4:10 p.m.

Dates: 10/15, 10/22, 10/29, 11/5 (4 wks)

Place: WMS Room #1515

Fee: \$60.00

Instructor: Karen Ryavec Lubensky

New ~ Creative Hand Sewing

Students in grades 5-8 will learn hand and machine sewing basics and embellishment techniques as well as simple alteration techniques in order to personalize basic clothing and accessories. This class provides young designers with the skills and confidence to make a wearable one of a kind garment! Supplies list available and please bring with you to first class.

Day: Wednesday

Time: 2:40 – 4:10 p.m.

Dates: 11/12, 11/19, 12/3, 12/10 (4 wks)

Place: WMS Room #1515

Fee: \$60.00

Instructor: Karen Ryavec Lubensky



Think Snow! We are planning our 16th Annual “Learn to/ Love to ski/snowboard program” for 5 – 8th graders on Friday nights to Mohawk Mountain in Cornwall, CT. The program will provide transportation after school to and from WMS, and is scheduled to run for 5 weeks beginning in January 2015. A detailed flyer will be sent out through WMS in early November and posted on our website.

Youth Wrestling Program

The Brookfield Youth Wrestling Program is open to boys and girls in grades 2 – 8. The program, open to those with little or no previous wrestling experience, will emphasize enhancing proper techniques, strength and conditioning skills. The program covers all aspects of wrestling including takedowns, escapes, reversals, pinning combinations and tilts. These techniques will be shown in a sequence that makes it easy for the wrestler to understand. Staff will consist of many local coaches and current and past wrestling stand-outs. Participants should wear sneakers, shorts, and a t-shirt. Everyone will receive a Brookfield Wrestling T-shirt.

Day: Wednesday and Friday

Time: Grades 2 – 4: 6:00 – 7:00 p.m. Fee: \$96.00

Grades 5 – 8: 7:15– 8:30 p.m. Fee: \$106.00

Dates: 11/12, 11/14, 11/19, 11/21, 12/3, 12/5, 12/10, 12/12, 12/17, 12/19 (10 classes)

Place: C.A.C.T.U.S. Wrestling, 125 Commerce Drive #8

Instructor: Josh Levine

Diamond Edge Training

Diamond Edge is offering an after school conditioning program for students in grades 5-8. This class will utilize the Vertimax training station along with personal instructors to provide an all-around exercise experience for your student. Core strength, agility and speed training will be the focus of each session. We are currently working on bus transportation from WMS to Diamond Edge at dismissal. The class will run from 3:45 – 4:45 p.m. if you choose to drive your student. Parent pick up is at Diamond Edge at 4:45 p.m.

Day: Friday

Time: 2:40 – 4:45 p.m.

Dates: 10/17 - 12/19 (8 wks) – no class 10/31, 11/28

Place: Diamond Edge, 5A Production Drive Brookfield

Fee: \$110.00

Golf Lessons for Juniors

Open to golfers of all skill levels, these classes are intended to provide students ages 7 – 14 with a solid base in the fundamentals of golf, as well as to get them prepared to play and to enjoy the game. The classes are ideal for both beginners who have never played before and for more experienced players who want to improve one or all aspects of their game. The typical class schedule is:

Class 1: Introduction/Set-up and Swing with Irons

Class 2: Review/Set-up and Swing with Woods

Class 3: Pitch Shots and Bunker Play

Class 4: Chipping and Putting

Also included during these classes will be work on faults and fixes, drills, rules and etiquette, course management and strategy, some computer video swing analysis, and much more. Students can bring their own clubs, or Golf Quest will provide them for you. A 7-iron and 5-iron will be used during class 1 and clubs for other sessions will be discussed during class. Fee is \$120.00 for any one month of four classes. All classes meet 4:30 – 5:30 p.m. at Golf Quest, 1 Sand Cut Road.

October: Thursdays – 10/9, 10/16, 10/23, 10/30

November: Tuesdays – 11/4, 11/11, 11/18, 11/25

December: Mondays – 12/1, 12/8, 12/15, 12/22